That which is claimed:

- 1. A method for providing a content option list comprising:

 receiving a preference for a subscriber from a content-access-history database;

 searching a content database for content related to said preference;

 receiving a first option list from said content database, wherein said first option list comprises an option; and

 delivering said first option list to said subscriber.
 - 2. The method of claim 1, wherein said content-access-history database comprises a preference rating attribute, wherein said preference rating attribute denotes the importance of said preference to said subscriber.
 - 3. The method of claim 2, further comprising, sorting said first option list by said preference rating attribute.
 - 4. The method of claim 1, wherein said content-access-history database comprises a category attribute.
 - 5. The method of claim 4, further comprising, sorting said first option list by said category attribute.
 - 6. The method of claim 1, wherein said content-access-history database comprises a television-viewing-history database.

- 7. The method of claim 1, wherein said content database comprises a television-programming database.
- 8. The method of claim 1, wherein said first option list comprises a multi-level menu.
- 9. The method of claim 1, wherein said first option list comprises an electronic program guide.
- 10. The method of claim 1, wherein said first option list comprises an image displayed on a television screen.
- 11. The method of claim 1, wherein said option provides access to a second option list.
- 12. The method of claim 1, wherein said option provides access to a content source.
- 13. The method of claim 1, wherein said delivering comprises sending said first option list to a television set-top box.
- 14. The method of claim 1, wherein said delivering comprises displaying said first option list.
- 15. The method of claim 1, further comprising:
 searching said content database for content unrelated to said preference;

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receiving a non-preference-related option from said content database; and adding said non-preference-related option to said option list.

- 16. The method of claim 1, further comprising, sorting said first option list based on said preference.
- 17. A computer-readable medium on which is encoded computer-readable instructions for providing a content option list comprising:

program code for receiving a preference for a subscriber from a content-access-history database;

program code for searching a content database for content related to said preference; program code for receiving a first option list from said content database, wherein said first option list comprises an option; and program code for delivering said first option list to said subscriber.

- 18. The computer-readable medium of claim 17, further comprising program code for sorting said first option list by said preference rating attribute.
- 19. The computer-readable medium of claim 17, further comprising program code for sorting said first option list by said category attribute.
- 20. The computer-readable medium of claim 17, wherein said program code for delivering comprises program code for sending said first option list to a television set-top box

- 21. The computer-readable medium of claim 17, wherein said program code for delivering comprises program code for displaying said first option list.
- 22. The computer-readable medium of claim 17, further comprising program code for: searching said content database for content unrelated to said preference; receiving a non-preference-related option from said content database; and adding said non-preference-related option to said option list.
- 23. The computer-readable medium of claim 17, further comprising program code for sorting said first option list based on said preference.
- 24. A system for providing a filtered content option list comprising:

 a content-access-history database;

 a content database; and

 an option list creator application in communication with said content-access-history

 database and said content database, operable to create an option list.
- 25. The system of claim 24, wherein said content-access-history database comprises a category attribute.
- 26. The system of claim 24, wherein said content-access-history database comprises a television-viewing-history database.

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- 27. The system of claim 24, wherein said content database comprises a television-programming database.
- 28. The system of claim 24, wherein said option list creator application comprises an application executing on a set-top box.
- 29. The system of claim 24, wherein said option list creator application comprises an application executing on a processor in a content provider facility.
- 30. The system of claim 29, wherein said content provider facility comprises a cable television provider head-end facility.
- 31. The system of claim 24, wherein said option list creator application comprises a menu creator application.
- 32. The system of claim 24, wherein said option list creator application comprises an electronic program guide application.
- 33. The system of claim 24, further comprising a content source accessible from said option list.
- 34. The system of claim 33, wherein said content source comprises a cable television station.

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- 35. The system of claim 33, wherein said content source comprises a video-on-demand server.
- 36. The system of claim 33, wherein said content source comprises a personal video recorder.